



baked lemon cod & orange jicama salad

Think the only way to get your family to eat fish is to serve up the frozen sticks? Think again, especially considering this delicious, elegant and utterly simple Baked Lemon Cod with Orange Jicama Salad. Not only does this mild white fish take on a zesty lemon flavor, but it's also paired with a refreshing and crunchy orange jicama salad.

SERVES: 4

ingredients

Orange Jicama Salad

- 2 medium oranges, peeled and cut into wedges
- 1 small jicama, peeled, quartered and thinly sliced into sticks
- 1 tbsp fresh lime juice
- 1 tbsp olive oil
- 1 tbsp chopped Italian flat leaf parsley
- Pinch cayenne pepper
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper

Lemon Breadcrumbs

- 1 cup coarse fresh breadcrumbs
- 2 tbsp olive oil
- 1 tbsp lemon zest
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper

Lemon Mayonnaise Spread

- 4 tbsp mayonnaise
- 1 tbsp fresh lemon juice
- 1 tsp prepared horseradish
- ½ tsp minced garlic
- 2 tbsp olive oil
- 4 (6oz) cod fillets
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper

directions

1. For the orange jicama topping, in a medium bowl, combine orange, jicama, lime juice, olive oil, parsley, cayenne, salt and pepper. Stir to combine and refrigerate until ready to serve with fish.
2. For the lemon breadcrumbs, in a large skillet, heat 2 tablespoons olive oil over medium-high heat. Add breadcrumbs, stirring until crunchy about 2 minutes. Transfer to a bowl and toss with lemon zest, salt and pepper.
3. For the lemon mayonnaise, in a small bowl, whisk together the mayonnaise, lemon juice, horseradish and garlic.
4. For the fish, preheat oven to 425°F. Heat 2 tablespoons olive oil in a large skillet over medium high heat. Pat fish dry and season both sides with salt and pepper. Skin side up, place the fish in the pan and sear for 2 minutes. Transfer the fish onto a baking sheet skin side down. Spread a layer of lemon mayonnaise and then a layer of breadcrumbs over each piece of fish. Bake in preheated oven for 5-6 minutes. Serve with orange jicama salad.



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